



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09267, Pineapple, canned, water pack, solids and liquids

Report Date: June 30, 2017 20:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crushed, sliced, or chunks 246g	1 slice or ring (3" dia) with liquid 47g
Proximates						
Water	g	90.82	--	--	223.42	42.69
Energy	kcal	32	--	--	79	15
Energy	kJ	134	--	--	330	63
Protein	g	0.43	8	0.018	1.06	0.20
Total lipid (fat)	g	0.09	8	0.008	0.22	0.04
Ash	g	0.35	--	--	0.86	0.16
Carbohydrate, by difference	g	8.30	--	--	20.42	3.90
Fiber, total dietary	g	0.8	--	--	2.0	0.4
Sugars, total	g	7.50	--	--	18.45	3.52
Minerals						
Calcium, Ca	mg	15	9	1.417	37	7
Iron, Fe	mg	0.40	--	--	0.98	0.19
Magnesium, Mg	mg	18	8	1.205	44	8
Phosphorus, P	mg	4	8	0.160	10	2
Potassium, K	mg	127	9	7.709	312	60
Sodium, Na	mg	1	6	0.113	2	0
Zinc, Zn	mg	0.12	--	--	0.30	0.06
Copper, Cu	mg	0.105	--	--	0.258	0.049
Manganese, Mn	mg	1.121	--	--	2.758	0.527
Selenium, Se	µg	0.4	--	--	1.0	0.2
Vitamins						
Vitamin C, total ascorbic acid	mg	7.7	--	--	18.9	3.6

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Thiamin	mg	0.093	--	--	0.229	0.044
Riboflavin	mg	0.026	--	--	0.064	0.012
Niacin	mg	0.298	--	--	0.733	0.140
Pantothenic acid	mg	0.100	--	--	0.246	0.047
Vitamin B-6	mg	0.074	--	--	0.182	0.035
Folate, total	µg	5	--	--	12	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	2
Folate, DFE	µg	5	--	--	12	2
Choline, total	mg	3.8	--	--	9.3	1.8
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	2	--	--	5	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	23	--	--	57	11
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	38	--	--	93	18
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.7	0.1
Lipids						
Fatty acids, total saturated	g	0.006	--	--	0.015	0.003
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.004	--	--	0.010	0.002
18:0	g	0.002	--	--	0.005	0.001
Fatty acids, total monounsaturated	g	0.011	--	--	0.027	0.005
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.010	--	--	0.025	0.005
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.031	--	--	0.076	0.015
18:2 undifferentiated	g	0.018	--	--	0.044	0.008
18:3 undifferentiated	g	0.013	--	--	0.032	0.006
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.006	3	--	0.015	0.003
Threonine	g	0.011	3	--	0.027	0.005
Isoleucine	g	0.011	3	--	0.027	0.005
Leucine	g	0.017	3	--	0.042	0.008
Lysine	g	0.020	3	--	0.049	0.009
Methionine	g	0.011	3	--	0.027	0.005
Cystine	g	0.001	3	--	0.002	0.000
Phenylalanine	g	0.011	3	--	0.027	0.005
Tyrosine	g	0.010	3	--	0.025	0.005
Valine	g	0.014	3	--	0.034	0.007
Arginine	g	0.015	3	--	0.037	0.007
Histidine	g	0.009	3	--	0.022	0.004
Alanine	g	0.022	3	--	0.054	0.010
Aspartic acid	g	0.099	3	--	0.244	0.047
Glutamic acid	g	0.050	3	--	0.123	0.024

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Glycine	g	0.017	3	--	0.042	0.008
Proline	g	0.011	3	--	0.027	0.005
Serine	g	0.023	3	--	0.057	0.011
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0